

Utah State University

DigitalCommons@USU

Blog Posts

Center for Persons with Disabilities

5-31-2011

Let's Talk! About Smiles, Stress, and Summer

Center for Persons With Disabilities

Follow this and additional works at: https://digitalcommons.usu.edu/cpd_blog

Recommended Citation

Center for Persons With Disabilities, "Let's Talk! About Smiles, Stress, and Summer" (2011). *Blog Posts*. 366.

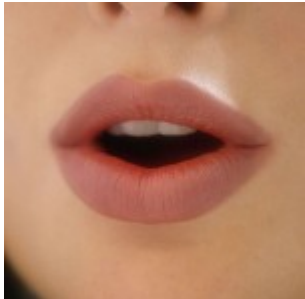
https://digitalcommons.usu.edu/cpd_blog/366

This Book is brought to you for free and open access by the Center for Persons with Disabilities at DigitalCommons@USU. It has been accepted for inclusion in Blog Posts by an authorized administrator of DigitalCommons@USU. For more information, please contact digitalcommons@usu.edu.



LET'S TALK! ABOUT SMILES, STRESS, AND SUMMER

May 31, 2011 by cpehrson



The Let's Talk! weekly blog gives you a chance to let us know how you feel about the issues and concerns that affect the lives of people with disabilities and their families and to hear what others think.

Summer vacation can bring stress or smiles to parents of children with disabilities. Some may see summer as a time to continue working on important skills, or as a much needed time to just rest and have fun with your kids.

No matter which way you view summer, it can become a stressful time if you haven't got an idea of some ways to keep your child happy and engaged in meaningful activities. There are many great activities that your child can become involved in...some just for fun, and some that will keep them learning the skills that they need.

Our topic this week is about what summer activities you have found for your child that have brought smiles to both your face and your child's face. Please share with us:

What activities has your child participated in that kept him/her active and happy in past summers?

What plans do you have this summer to make you and your child's summer a productive and fun time?

What barriers keep you and your child from having a summer that is both meaningful and stress free?

Ready, set....Let's Talk!

Let us know of other topics that you would like to talk about in future blogs.

(Note: All comments will be filtered to maintain confidentiality and appropriateness.)